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The stars of 'Othello' tell us what to expect in
Central Park. 24-25

Off-screen drama plagues 'Arrested
Development' season 5. 26-27

Steven Matz has been turning things around
this month for the Mets. 32

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SKINSATIONAL SAFETY

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dark side to all that sunshine, of
course, is its dangerous effect on
your skin. 4, 6

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NIKKI M. MASCALI, REPORTER

I have a confession: I love the sun almost as much as I love being tan. As a kid, you couldn't get me out of the pool or off the beach, and you sure as heck wouldn't find sunscreen on my person — it was coconut-scented dark tanning oil all the way. I even hit the tanning bed several times a week well into my early 30s before finally coming to my senses. Though I now use sunscreen every day and a high SPF when frolicking in the sun, I still benefited from the summer skin care primer you can find on page X or at **metro.us**, and I bet you can, too.

WELCOME TO
METRO.USSOUTH KOREA CALLS FOR
MORE IMPROMPTU TALKS

South Korea's President Moon Jae-in said on Monday there could be more impromptu talks and summits with North Korea's Kim Jong Un, as U.S. officials prepare for a historic meeting between President Donald Trump and Kim. Moon and Kim Jong Un held a surprise meeting on Saturday at the border village of Panmunjom, during which they agreed that a North Korea-U.S. summit must be held. "What's more important than anything from the latest inter-Korean summit was that the leaders easily got in contact, easily made an appointment and

easily met to discuss urgent matters, without complicated procedures and formalities, just like a casual meeting," Moon told a meeting with senior secretaries. Trump last week pulled out of the meeting with Kim, planned for June 12 in Singapore, before announcing he had reconsidered and American and North Korean officials were meeting to work out details. On Sunday, the U.S. State Department said U.S. and North Korean officials had met at Panmunjom, a village in the Demilitarized Zone (DMZ) that runs along the heavily armed border between North and South Korea.

GERMAN SOCCER FANS
WEAR KKK-STYLE HOODS

Police are investigating a group of soccer fans in eastern Germany who celebrated their club's victory by marching through town in Ku Klux Klan-style hoods. After FC Energie Cottbus won promotion to the third-tier of the German league on Sunday, a group of fans, their faces covered with hoods resembling those worn by the U.S. white supremacist group, marched holding a red banner with "The rise of the evil ones," written in gothic script. The soccer club called the fans' behavior "inhuman, repugnant and in no way

tolerable," and said they faced a life-long ban from its games if identified. "We are deeply saddened by the fact that a few people, through their actions, spoiled the joy of victory and damaged the image of tens of thousands of Energie fans and the club," it said in a statement. The use of extreme-right symbols has particular sensitivity in the city of 100,000 near the Polish border where tensions between far-right supporters and refugees escalated earlier this year after Syrian teenagers were detained over two knife attacks.

MEMORIAL DAY CEREMONY ON THE
USS INTREPID

Mayor Bill de Blasio took part in Monday's Memorial Day observances aboard the USS Intrepid. The mayor spoke at the event, and also helped toss out a wreath in the Hudson River. The ceremony also included the unrolling of a 100-foot American flag.



BENJAMIN KANTER - MAYORAL PHOTO OFFICE

STORM ALBERTO WEAKENS
AS IT NEARS FLORIDA

Subtropical Storm Alberto weakened as it neared landfall on the Florida Panhandle on Monday, a day after flooding from another storm tore through a historic Maryland town and swept away a would-be rescuer, officials said. Forecasters said Alberto could bring life-threatening high water to southern coastal states when it slams an area from Mississippi to western Georgia with up to 12 inches of rain and possible tornadoes. Alberto's top winds fell slightly to 60 miles an hour with the storm about 50 miles south

of Panama City, Florida, the National Weather Service said. It was expected to reach land Monday afternoon or evening as it headed north at about 8 mph. "The basic idea is that it's going to run out of real estate for it to strengthen" by picking up energy from the warm Gulf of Mexico waters, said Dan Petersen, a forecaster with the National Weather Service's Weather Prediction Center in College Park, Maryland. Alberto, the first named Atlantic storm of 2018, spun up days before the formal June 1 start of the hurricane season.

THERESA MAY TO URGE
TRUMP TO AVOID LONDON

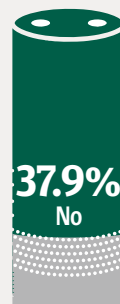
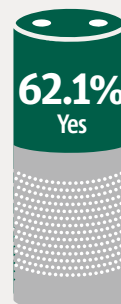
British Prime Minister Theresa May will urge President Donald Trump to avoid protesters in central London during his U.K. visit in July and instead meet her at her country residence, the Sun newspaper reported on Sunday. The details of the plan will be given to the White House by Kim Darroch, British ambassador to the United States, the report said. There are two proposals that will be made to the White House by Darroch upon May's approval — one for a Downing Street visit or one based at Chequers, a 16th-century manor

house 40 miles northwest of London — the report said, citing a source, who added it would be made clear that May prefers the meeting take place at Chequers. Trump will also be asked to have tea with Queen Elizabeth at Windsor Castle, a royal residence west of London and not at Buckingham Palace, according to the report. Darroch will suggest to the White House that Trump does not visit Britain's houses of parliament, the Sun reported. May's office was not immediately available for comment. Trump will travel to Britain in July for a working visit with May.

STATS

'CHATBOX' DEVICES

Do you think the Amazon Echo and other "chatbot" devices need to be banned from work environments to reduce security risk to corporate networks?




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A woman with red hair and bangs is peeking over a very tall stack of textbooks. The stack is so high that it obscures her face and torso. She is holding the stack with both hands. The background is a solid light blue.

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NEWS



People of all skin types should be wearing at least SPF 30 on a daily basis all year round, said Dr. Mary L. Stevenson of NYU Langone Health. **istock**

Here's what everyone needs to know this summer to avoid skin cancer

For Skin Cancer Awareness Month, dermatologist Dr. Mary L. Stevenson suggests these tips. Hint: They involve lots of sunscreen.



NIKKI M. MASCALI
nikki.mascali@metro.us

Skin Cancer Awareness Month may be winding down, but with the dog days of summer approaching on its heels, now might be a good time to think about your summer skincare routine.

Look, we all know the sun is bad for our skin, but with skin cancer — specifically basal cell carcinomas and squamous cell carcinomas — the most common cancer in the U.S. and current estimates indicating that one in five Americans will develop skin cancer in their lifetime, this is something worth revisiting.

So before you head out to catch some rays at

“I think a lot of people just aren't aware of how common skin cancer is.”

Dr. Mary L. Stevenson

the nearest pool, beach or park this summer, check out these tips from Dr. Mary L. Stevenson, a dermatologist and skin cancer surgeon at NYU Langone Health in New York, to avoid becoming a skin cancer statistic.

“I think a lot of people just aren't aware of how common skin cancer is,” Stevenson said. “This is a great time to really remind yourself of good habits to develop for summer: wear SPF30 and above, reapply, wear enough sunscreen — if you bought one bottle last summer and you still have it, you're probably not applying enough sunscreen.”

Is there really no such thing as a base tan?



Men over 50 years of age are at an increased risk for skin cancer, as are people who have lots of moles on their body. **istock**

Dr. Mary Stevenson: No tan is a good tan. Anytime your skin is turning red or darkening and tanning from the sun, it means you've had ultraviolet exposure that's caused a DNA change, which can do damage and cause a cellular response. If you are getting color from the sun and not protecting yourself enough, no tan is really a good tan, whatever your

shade of skin.

What are some of the biggest risk factors for skin cancer?

Risk factors include fair skin; a history of burns; a history of tanning; family history of skin cancer; patients with certain kinds of immunosuppression or patients with lymphoma; and for melanoma, we know men over 50 are at increased risk and peo-

ple with a lot of moles or atypical moles. But just because you've had sun damage before doesn't mean you can't start preventing or further prevent sun damage now.

Is there an ideal SPF number to use?

I generally say anything SPF 30 and above is fine, though you do get better protection from higher numbers. But often those

small changes in benefit are negated by the fact that we don't reapply enough, and to begin with, we're not putting enough on our skin.

So how much sunscreen should we be using?

We should think about a shot glass-sized amount for the exposed parts of your body, arms, chest, face, especially a pretty big dollop for your face. If you're going out in a bathing suit, you're going to need more, so whatever's exposed needs to be covered — and you need to put on your sunscreen before you're in the sun, not the second before you're in the ocean; you want to give it some time.

When should we reapply our sunscreen?

When you get out of the ocean, even if it's waterproof, and every two hours you should be reapplying your sunscreen. We have a lot of great products now, but sprays still have to be rubbed in, you cannot just mist them on yourself.

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Don't rely on sunscreen pills to protect you from the sun, FDA warns

There's no pill or capsule that can replace your sunscreen, the FDA says.

MEAGAN MORRIS
letters@metro.us

Skin cancer is one of the most common cancers in America. About one in five people are at risk for developing it in their lifetimes. The easiest way to cut down that risk? Wear sunscreen with the right ingredients — and the right SPF — and reapply it frequently.

But the “reapply frequently” part is where many of us go wrong. It's so easy to put it on before you hit the beach or pool, but it's just as easy to forget as you swim or grill will pals. That's why more companies are of-

fering sunscreen pills — just pop a pill and you're protected from the sun all day.

Sound too good to be true? The U.S. Food and Drug Administration says yes.

“Today we sent warning letters to companies illegally marketing pills and capsules labeled as dietary supplements that make unproven drug claims about protecting consumers from the harms that come from sun exposure without meeting the FDA's standards for safety and effectiveness,” FDA chief Scott Gottlieb wrote in an alert.

What are sunscreen pills?

According to Sunsafe Rx, one company targeted by the FDA's warning letter, sunscreen pills can provide “natural, healthy, anti-aging protections from UV rays.”

And that's just not true. Sunscreen pills — like many supplements — aren't tested by the FDA for effectiveness, leading to wild, unsub-

“There's no pill or capsule that can replace your sunscreen.”

FDA chief Scott Gottlieb

stantiated claims that they don't have to prove. By selling sunscreen pills, companies like Advanced Skin Brightening Formula, Sunsafe Rx, Solaricare and Sunergetic are “putting people's health at risk by giving consumers a false sense of security that a dietary supplement could prevent



credit istock

sunburn, reduce early skin aging caused by the sun, or protect from the risks of skin cancer,” Gottlieb wrote.

The FDA especially takes issue with user reviews, including comments that the supplements are “basically an oral sunscreen. ... This would be especially useful for people who have had skin cancer, are at risk for skin cancer ...” and that they’ve “helped ... protect me from the

harms of radiation.”

There are currently no clinically proven sunscreen pills on the market, so the when the FDA “sees companies taking advantage of people's desire to protect themselves from the harmful effects of the sun — we'll step in,” Gottlieb added. “There's no pill or capsule that can replace your sunscreen.”

What to look for in the best sunscreens

Sunscreen pills don't work, so you have to rely on regular ol' lotion sunscreens to protect you from the sun's harsh rays over the summer months. But, how can you tell which are the best?

“There are two main types of active sunscreen ingredients: chemical and physical,” Dr. Dendy Engelman, dermatologist at Medical Dermatology & Cosmetic Surgery Centers and board member for the Skin Cancer Foundation, told Metro.

“Chemical ingredients, like avobenzone and benzophenone, work by absorbing UV, reducing its penetration into the skin,” she added. “Physical ingredients such as titanium dioxide and zinc oxide stay on top of the skin and deflect UV rays.”

To find out some of the best sunscreens you can buy, go to metro.us.

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Jilly Juice recipe creator claims her concoction can regrow limbs

Experts, unsurprisingly, find her claims ridiculous.

MEAGAN MORRIS
letters@metro.us

Imagine if a drink could cure everything that ails you. Have cancer? Drink this and you'll be cured. Lose a limb? Again, chug and it'll grow back. Gay, but don't want to be? Drink up, because this will switch your sexual preferences. This sounds impossible, but the creator of Jilly Juice says her concoction of cabbage and Himalayan sea salt can do all of that — and much more.

Jillian "Mai Tai" Epperly appeared on "Dr. Phil" earlier this week to both promote and defend Jilly Juice. Though she has

no medical training, the Ohio woman claims that a gut parasite known as candida is what causes all disease, including genetic conditions like Down syndrome.

Epperly's Jilly Juice recipe is simple: cabbage, water and a lot of salt.

Blend it and then allow it to "ferment" at room temperature for a few days, then drink a gallon a day to expel the parasites via "waterfalls," she says.

Also known as violent, explosive diarrhea.

"I'm proud of being a leader of a poop cult," Epperly said in her now-defunct Facebook group. Exposing the Lies Candida: Weaponized Fungus

Mainstreaming Mutancy. Followers proudly posted photos of their excrement to show off the parasites they think they're getting out of their bodies.

And, as BuzzFeed pointed out, some people gave the concoction to their infants, then posted photos of diapers full of bloody stool.

Dr. Phil called Epperly's claims "outrageous."

Epperly told Dr. Phil that, though she has no data or proof, she knows that the juice can do amazing things, like cure cancer and autism, and even help people live to 400 years old.

But one man who put his faith in Jilly Juice after

"[Jilly Juice is] absolutely dangerous nonsense."

David Seres, director of medical nutrition at Columbia University's Irving Medical Center



Jilly Juice looks similar to a typical green drink, like the ones pictured above. NATASHA BREEN/REDA&CO/UGC VIA GETTY IMAGES

a cancer diagnosis found that it didn't actually do anything.

"My dad was really desperate," Taylor Wilmot told BuzzFeed News of her father, Bruce Wilmot. "He was very sad, and he didn't want to die." He later lost his battle with

cancer. Epperly blamed his death on not following her protocol closely enough — and said he was already in hospice and, basically, beyond saving.

A growing number of detractors, government agencies and medical experts are trying to stop

her from making such wild claims.

"[Jilly Juice is] absolutely dangerous nonsense," David Seres, director of medical nutrition at Columbia University's Irving Medical Center, told BuzzFeed. "I am almost speechless."



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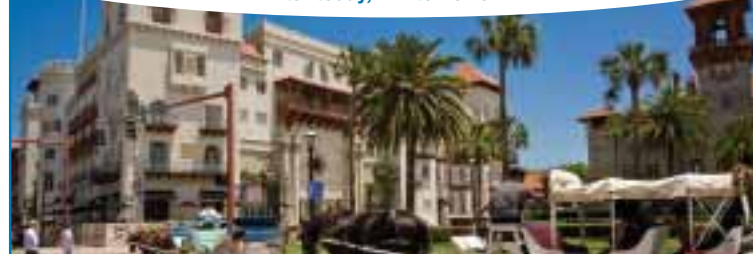
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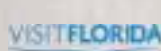


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While our nation paid its respects on Memorial Day to those who died in war, our president found reasons to celebrate. GETTY IMAGES

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TRUMP'S AMERICA

JUST SHUT UP AND SALUTE!

Analysis

ELLIS HENICAN

Metro columnist
Ellis Henican is the
best-selling author of a
dozen books. Join Ellis
on Twitter @henican.



You don't high-five the latest school shooting, and you don't go around wishing people happy Memorial Day.

Doesn't everyone know that by now? Um, not everyone.

There was Donald Trump, tweeting bright and early, as the rest of the nation was commemorating the ongoing tragedy of 242 years of war dead.

After a giddy "Happy Memorial Day," Trump careened quickly into a fresh burst of self-congratulation. "Those who died for our great country would be very happy and proud at how well our country is doing today. Best economy in decades, lowest unemployment numbers for Blacks and Hispanics EVER (& women in 18 years), rebuilding our Military and so much more.

Nice!"

MAGA: Make America Groan Again! It's all about him!

I'll leave the fact-check for another time and just say this: A lot of people had to die to make Memorial Day the unofficial start of summer.

There are a lot of ways to calculate this, all of them ending with totals that are huge. In the wars America has fought in, 651,008 men and women died in battle. If you count all military deaths during service in wartime, the number jumped to 1.2 million.

The largest share, 498,332, came during the Civil War — from the North and the South — followed by the 405,309 military dead during World War II. Vietnam added another 90,220. Bloody as they've been, the recent conflicts in Iraq and Afghanistan have inched the tally up only another 6,852. Then again, Americans are still dying in those wars.

Unlike Veterans Day, which celebrates the service of all U.S. military veterans, Memorial Day is for remembering the dead. Feeling happy yet?

Robert O'Neill probably put it best. He is the former U.S. Navy SEAL best known as "the man who killed Osama bin Laden." He's had a lot of friends die, too.

"Don't wish me a happy Memorial Day," he said before Trump piped in. "There is nothing happy about the loss of the brave men and women of our armed forces who died in combat defending America. Memorial Day is not a celebration."

Tweet or no tweet, there's nothing happy about it.



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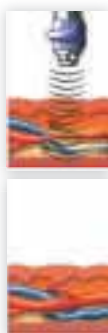
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SexUrologist.com

Treatment offers new hope for erectile dysfunction

If you're at war with erectile dysfunction (ED), you're not alone. In fact, one in every four new patients is under the age of 40, according to the *Journal of Sexual Medicine*. While it may be comforting to know that it's more common than you think, you're probably more concerned with getting it under control. And we don't blame you—ED takes a serious toll on relationships, intimacy and overall well-being.

Enter ErectionWave, an innovative new approach that flips traditional ED treatment on its head. More often than not, the go-to answer is a lifetime Viagra prescription. The big downside here is that this really only treats the symptom, not the underlying problem. It also leaves

you completely dependent on medication to enjoy a satisfying sex life.

Founded by a renowned Board Certified Urologist Dr. David Shusterman, ErectionWave is different in that it improves sex without medication. As the name implies, it directs high-frequency waves toward blood vessels that are normally narrow or blocked. This, in turn, optimizes blood flow, allowing for naturally strong erections. This holistic treatment also increases the size of penile veins and increases nerve function.

Translation: it's a noninvasive treatment option that actually gets to the root of erectile dysfunction.

Dr. Shusterman and his team of experienced sex function specialists are dedicated to eliminating the need for penile pumps, injections, and drugs like Viagra. They also offer highly effective alternative treatments that go beyond ErectionWave therapy. One pathway is hormone replacement—an umbrella term that covers a wide array of robust therapy options that are completely tailored to each individual patient. Addressing any hormonal causes of ED is critical to improving sexual desire and, ultimately, getting on the other side of erectile dysfunction.

Another successful option for men with ED is something known as the Priapus shot,

aptly named after the Greek god of virility. The P-shot, as it's called, is a non-surgical, completely pain-free penis injection that serves double duty: improving sexual performance and increasing penis size by up to 3.5 centimeters; a game changer for those who are at the end of their rope with erectile dysfunction. It also leverages your own regenerative cells, making it completely safe and totally natural.

Ready to tackle your ED once and for all? Book an appointment with Dr. Shusterman at NY Urology, located at 800 Second Avenue on the corner of 42nd Street. Call **212-661-0060** to take the first step toward a healthy, satisfying sex life.



If law enforcement agencies use Amazon Rekognition, they could potentially identify people in photos and videos in real time. GETTY IMAGES

Amazon markets facial recognition services to law enforcement agencies

At least two law enforcement agencies are currently using Amazon's service.



LENYON WHITAKER
lenyon.whitaker@metro.us

Amazon is marketing its facial recognition services to law enforcement agencies around the country which would enable them to track, identify and analyze people in real time, according to the American Civil Liberties Union (ACLU).

Amazon, one of the biggest tech companies in the world, and is known to many people for its Amazon Prime paid subscription service that lets customers order products with free two-day shipping, and offers video and music streaming services, wants to provide artificial intelligence and facial recognition technology to local police departments and other law enforcement agencies.

The Amazon facial recognition service is being marketed with the name Rekognition and has the ability to detect and analyze people from photos and videos, which makes sense why the tech company is trying to get law enforcement agencies on board. According to the official Amazon Rekognition marketing video, the presenter says one of the common uses for Rekognition is for public safety.

According to Amazon, Rekognition can be used by law enforcement agencies to recognize a "person of interest" across an existing database containing millions of images and video all in real time. The service works in conjunction with live street cameras installed by law enforcement agencies.

The Washington County Sheriff's Office has successfully integrated their database of 300,000 mugshots with the Rekognition service. The City of Orlando is currently using the service in a pilot program.

"The City of Orlando is excited to work with Amazon to pilot the latest in public safety software through a unique, first-of-

its-kind public-private partnership," said Orlando Chief of Police John Mina in a statement. "Through the pilot, Orlando will utilize Amazon's Rekognition Video and Amazon Kinesis Video Streams technology in a way that will use existing City resources to provide real-time detection and notification of persons-of-interests, further increasing public safety, and operational efficiency opportunities for the City of Orlando and other cities across the nation."

While Amazon's Rekognition services could provide companies with new ways to incorporate artificial intelligence into daily operations, the ACLU is concerned that marketing this unprecedented level of surveillance technology to government and law enforcement agencies is problematic and has launched a petition against Amazon urging people to take action against Amazon's involvement with surveillance at that level.

"At a time when we're joining public protests at unprecedented levels, and discriminatory policing continues to terrorize communities of color, handing this surveillance technology over to the government threatens our civil rights and liberties," the ACLU wrote in a petition.

The petition argues that facial recognition is not a neutral technology and has the potential to "amplify bias and inequality in the criminal justice system."

"Amazon has branded itself as customer-centric, opposed secret government surveillance, and has a CEO who publicly supported First Amendment freedoms and spoke out against the discriminatory Muslim ban. Yet, Amazon is powering dangerous surveillance that poses a grave threat to customers and communities already unjustly targeted in the current political climate."

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These entrepreneurs are making an around-the-world helicopter trip

A group of three entrepreneurs makes a journey through 45 countries on five continents in 84 days to break the world record.



Many people dream of traveling the world or visiting as many countries as possible. But doing it by helicopter is something extraordinary. This is the journey three entrepreneurs, who started with the dream of traveling around the world and promoting a healthy lifestyle, are experiencing.

On the 16th day of their trip, Canadian Mischa Gelb and Portuguese

Ruben and Diogo Dias, father and son respectively, landed in Puerto Rico to spend a night as part of their trip in which they estimate to visit 45 countries in 84 days in order to beat the world record.

"It's a mission that starts and ends in Canada. We are going around the world in a very particular way because we are crossing the equator once and going through two opposite points of the world," Dias Sr. explained to Metro when they arrived at the Fernando Luis Ribas Dominicci Airport in Isla Grande, Puerto Rico. "It's like if we were making a hole here and going through to the other side. Those are two opposite poles."

"This same trip around the world has only been done once, and we are looking to break that re-

"It was a very spontaneous thing, but it was because we both had been planning it for many years without knowing it: many, many years ago."

Ruben Dias

cord," he said about the record achieved by a British helicopter last year.

The U.S., Mexico, Guatemala, El Salvador, Costa Rica, Panama, Colombia



Portuguese father and son Ruben and Diogo Dias along with Canadian Mischa Gelb. CONTRIBUTED

and Caribbean islands are some of the 10 countries the group has already visited after leaving Whistler, Canada, on May 1.

Their best experience so far was in Colombia. There is an antipode: Indonesia, where they plan to be by next June 25.

"The antipode in Colombia was extraordinary. It is a small city and the people are extremely friendly and they were extremely excited to receive us. It was something special," recalled Gelb, who at age 18 bought his first helicopter.

Other important points of the trip are crossing north up to Green-

land, which they will visit in two weeks.

"The northern passage has many issues that need to be thought out very well. Greenland, Iceland and Faroe Island will be very important moments in the trip," Dias, who added Saudi Arabia as an attentive moment due to the sandstorms where visibility is very limited, said. Just in terms of fuel they will spend \$30,000. They will need 27 thousand liters of gasoline to go around the world. However, Dias explained that "that's just a part of the cost, there are other costs involved such as authorizations, specific insuranc-

es. But we do not like to talk about the total cost."

They also have the backing of the General Aviation Support Egypt (GASE), which organizes adventure flights around the world and offers help. Their project called EPIC World Tour which they show through blogs on their website, is an idea that they have had in mind for a long time but once they starting talking about it, they developed it in two years.

"It was a very spontaneous thing, but it was because we both had been planning it for many years without knowing it: many, many years ago," Dias said.

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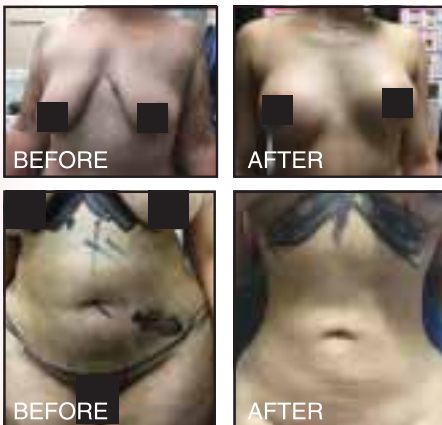
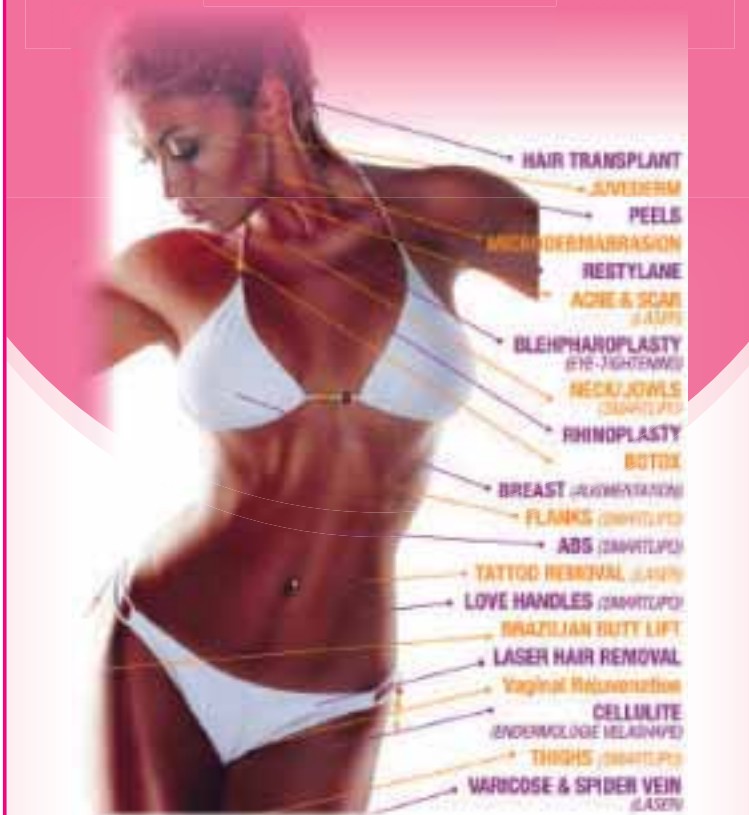
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Real estate site StreetEasy took a hard look at the people moving to New York City, like where they're coming from and how old they are. **PEXELS**

Where are all the new New Yorkers coming from?

Real estate site StreetEasy broke down some data on the 260,000 people who made the move to the five boroughs last year.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

264,000 **900,000**

More than 264,000 people moved to New York in the past year, according to StreetEasy.

Nearly 900,000 New Yorkers left the city last year, StreetEasy found.

Plenty of people have written about moving to New York City, and a fair number have also written about why they move away from here, but where are all these people coming from and headed to?

Real estate site StreetEasy looked into this in their latest report and, just like New Yorkers themselves, the findings are pretty diverse.

More than 264,000 people moved to New York in the past year, according to StreetEasy, and they're coming in from all over: 35 percent of these new New Yorkers came from abroad, and 65 percent from within the United States.

Though that's certainly a large influx of people moving to New York City — just about 3 percent of the city's

overall 8.5 million population — it's actually less than the number of people moving away. Nearly 900,000 New Yorkers left the city last year, StreetEasy found.

But apparently a lot of people are willing to trade in palm trees and tepid winters for life in the five boroughs, as well. At 9 percent, one of the biggest shares of people moving to New York City from within the U.S. are relocating from California, particularly Los Angeles and San Francisco counties, according to StreetEasy.

The next most popular state to leave in favor of New York is Florida, with more than 6 percent, or around 15,000, of transplants coming in from the Sunshine State.

Of course, plenty of people move to the five boroughs from closer by, as well. People from

New Jersey, other areas of New York like the Hudson Valley and upstate, and Connecticut make up 43 percent of those moving to New York City, and most of them land in Manhattan or Queens, according to the report. A small percent of those who move to New York City originally hail from Chicago, Boston and Washington.

Though their hometowns vary, these new New Yorkers share some similarities: Almost two-thirds of those moving to New York City are young adults between ages 18 and 34, per the report. Only 20 percent are 35 to 59 years old, and at less than 6 percent, those over 60 are the smallest group of those moving to New Yorker — though that may not be a big surprise, as Florida has long been a retiree's state of choice.

Nicaragua protests erode pillars of support for Ortega



A protester fires a homemade mortar during clashes with riot police in a protest by engineering students in on Monday in Managua, Nicaragua. **INTI OCON/AFP/GETTY IMAGES**

A thuggish response to weeks of protests has eroded carefully constructed pillars of support in the Church, military and business world for Nicaraguan President Daniel Ortega, emboldening calls for the ouster of the former Marxist guerrilla who has dominated politics for decades.

More than a month after changes to the Central American nation's social security system triggered student-led protests, indignation at a brutal crackdown in which at least 77 people have been killed and over 800 wounded has morphed into a daily challenge to Ortega's rule.

Protesters demand he step down, while regional diplomatic body the Organization of American States said last week he should hold early elections. He has as yet shown no sign of heeding that call, which could end one of the longest standing leftist governments in Latin America, a staunch ally for socialist Venezuela.

It will be not easy for the loose alliance of students, farmers, politicians and academics to dislodge Ortega, 72, who was re-elected in 2016 with nearly three-quarter of the votes after limiting opposition participation.

But the Sandinista leader, whose office ac-

knowledgeed a request for comment on this story but provided no immediate response, looks more isolated and fragile than at any other time in his current 11-year tenure as president.

Support from the Catholic Church and the private sector is wavering. There is visible dis-

"This is a civic revolution, unprecedented in my country."

Violetta Granera, a sociologist who once ran against Daniel Ortega in 2016

comfort in the military, a solidly Sandinista organization constructed by Ortega's brother from the original rebel army that overthrew a U.S.-backed dictator in the 1970s.

Even though the government backedpedaled on the social security measures after five days, pent-up discontent exploded.

"This is a civic revolution, unprecedented in my country," said Violeta Granera, a sociologist who ran as an opposition vice presidential candidate against Ortega in 2016.

The protests, she said, were nothing less than "a national demand for

a total change in the economic, political and social system."

The latest sign of fracturing came on Wednesday, when after just four days of talks, Nicaragua's Episcopal Council of Catholic bishops suspended a "national dialogue" that had widely been seen as a chance for Ortega to take the wind out of the protests by making small concessions.

The Church had fallen behind its former adversary when he embraced Christianity before his 2007 return to office as a more moderate figure who avoided hostilities with Washington and business leaders.

Yet, in a pointed assessment, Silvio Jose Baez, an auxiliary archbishop of Managua, said the government had failed to embrace the dialogue's agenda of "democratization of the country."

On Monday, a smaller group of government, private sector and church representatives restarted talks behind closed doors.

Students and government authorities agreed in the first days of talks to a truce that quickly fell apart when groups of youths attacked protesters entrenched at the Agrarian University of Nicaragua, badly wounding at least two people. **REUTERS**



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“Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment... prepares for over

By Matt Edgar

America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the *NY Pain MD* Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This

Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good... or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your "normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses its lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by

a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in

a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation...

Where Can You Get It And...

When Should You Start?

You should certainly consider The *NY Pain MD* method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that's it.

Why Treatments At NYC Pain MD Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right

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All the doctors at *NY Pain MD* are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using *NY Pain MD* methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

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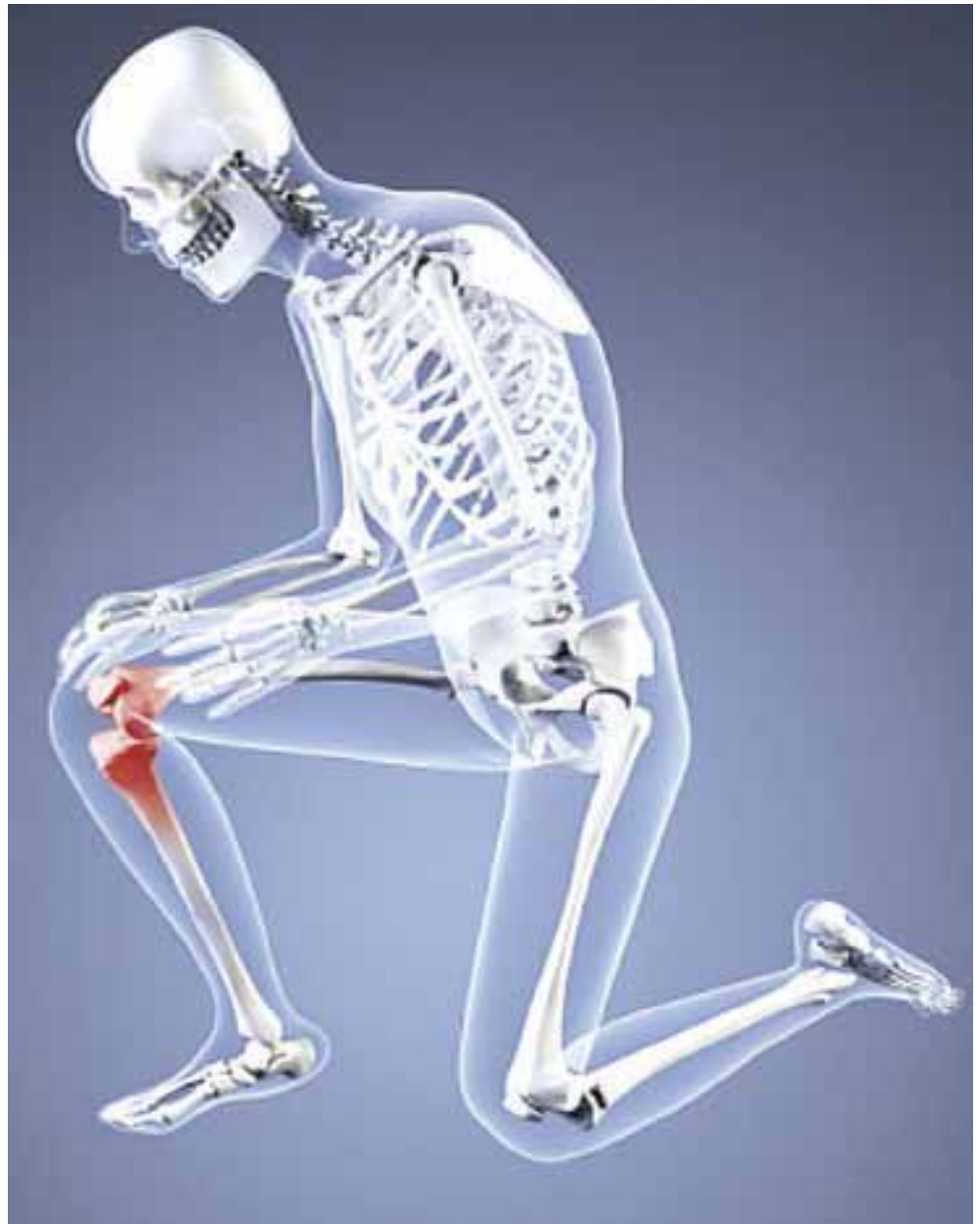
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“imagine” any more... because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give *NY Pain MD* a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

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Mamoudou Gassama sits with French President Emmanuel Macron. GETTY IMAGES

France offers citizenship to Malian immigrant who scaled building to save child

France on Monday offered citizenship to an illegal immigrant from Mali who scaled the facade of a Paris apartment block to save a boy who was about to fall from a fourth-floor balcony,

President Emmanuel Macron said.

Video shows Mamoudou Gassama, 22, risking his life on Sunday as he climbed up the balconies to rescue the four-year-old who is clinging to a railing and glancing at the ground below, while horrified onlookers watched.

The video went viral and Gassama, who has been nicknamed "Spider-Man" for reaching the boy in the nick of time, was swiftly granted a meeting at the Elysee Palace.

"I did it because it was a child," French newspaper Le Parisien quoted Gassama as saying. "I climbed. ... Thank God I saved him."

Macron congratulated Gassama for "an exceptional act" and said France would give him a job in the emergency services.

"We'll obviously be setting all your papers straight and if you wish it, we will start the process of naturalization so that you can become French," he added.

Ministers said the citizenship process would be sped up, although Gassama

can't legally be granted it right away.

Macron, who had been criticized by left-wing voters for taking a tougher stance on immigration since his election, may also have sought to send a message to Socialist voters by signaling a more welcoming attitude to a deserving migrant.

Gassama told Macron he tried to cross the Mediterranean in March 2014 to reach Italy, but was caught by police.

Europe has faced a migrant crisis since 2015 following wars in Libya and Syria and more than one million

people from Africa and the Middle East have tried to reach the continent via Turkey or by sea.

Macron's government has said it wants to be both firm and fair on immigration but it took a tougher stance lately, with parliament approving a bill that tightens asylum rules.

"What you have done corresponds with what firefighters do; if this fits your wishes, you could join the firefighters' corps so that you can do [such acts] on a daily basis," he said. REUTERS

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Metro spoke with Ned McMahon, CEO at Primo Wind, to know more. DANIEL CASILLAS



CONTRIBUTED



NED MCMAHON
CEO of Primo Wind

Q&A

What led you to develop EnergiPlant?

I developed the EnergiPlant from the off-grid work we had done with the Navy. We always believed our patented wind turbine design should be an "and" technology rather than an "or." I think there is no better way to keep batteries charged than

with a combination of wind and solar. Once there is a resilient energy platform it can be used for anything. Our EnergiTree (without the benches) is perfect for powering remote villages whether in the Arctic or in Africa. Lights, pumping water, communications can all be handled easily.

What are this device's main functions?

It is a security and data platform powered by renewable energy and suited for off-grid installation. Security cameras, Wi-Fi, and all sorts of data from air quality to heat mapping and much more is available.

How does it work? Does the EnergiPlant generate its own energy?

Yes, with a combination of

wind and solar constantly charging batteries the EnergiPlant needs no hard wiring or foundation and can be placed almost anywhere.

Where can these "trees" be installed?

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the GRUMBLE

Soaking isn't a real thing.

BY MATT K., METRO NEW YORK READER



Pat King
Grumble Editor

Greetings, fellow Grumblers. I hope you all had a great Memorial Day free of the things that vex and annoy you throughout your week. Today we have a great complaint from one of our readers about people who don't follow through with washing their dishes. Keep sending in your Grumbles for your chance at the podium!



that you brought in last night's chimichangas to reheat and eat at your desk while the rest of us inhale it. We all live with each

other's reheated jambalaya. You are entitled to your own little selfish moral compass. How dare you ask me to not text while I'm walking down subway stairs! "Soaking" dishes, however, is a bridge too far. It's not easy, we all know sponges are totally gross after the first use. I also know we all spend all of our time thinking about ourselves and we should, but these small cooperative things keep civilization together. Dishes, using the passing lane, standing in line, wearing pants, etc. You know you don't have to "soak" that dish. Clean the dish and prevent someone who is having a bad day from kicking a kitten on their way home from work. We are all in this (hell) together.

READER RESPONSES:



STOP WHIPPING YOUR HAIR IN MY FACE!

This is a photo AFTER this woman tossed her hair three times not realizing someone was behind her and got hair whiplash. It's totally horrible when long haired people toss their hair without looking to see if someone is within tossing distance. Granted, she has lovely hair, but I was also a nit-jumping distance from her mane as well. Please be aware.
Michael P., Metro US reader

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caption this photo

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to @metronewyork @metroboston @metrophilly



The winning caption from Alan Scott, Metro Boston reader



metro.us/horoscopes

- Aries** Give a little, take a little, but most of all show intelligence and innovation when it comes to how you handle your personal finances, contracts and medical issues.
- Taurus** You'll be erratic or will have to deal with people who are. Slow down and go over every detail before you bring about change. Understand the ramifications that a mistake will have.
- Gemini** Consider what's possible, and put more time and energy into what promises to bring you the most satisfaction and highest returns. Take better care of your health and personal finances.
- Cancer** If you show greater interest in your relationships, you will be offered information that will encourage positive change. Opportunity is within reach if you are willing to take a chance.
- Leo** Be brave, but don't take on the impossible. Use common sense and integrity to find your way forward. Use what you have instead of trying out something you know little about.
- Virgo** Take a step back from personal dilemmas, and instead focus on learning, networking and making personal, physical or health improvements. Don't let emotional situations deter you.
- Libra** Travel plans, business meetings and discussing the changes you'd like to make are encouraged. Take care of matters regarding siblings, a close friend or in-law.
- Scorpio** Slow down and do things properly. Pay close attention to detail and put your own personal touch on anything you do. Your efforts will result in greater recognition and interesting offers.
- Sagittarius** Put your thoughts out there and find out what others have to contribute. Consider the responses you get and weed out anyone you find noncommittal or reluctant to share.
- Capricorn** Don't limit what you can do just because someone is causing problems. Deal with personal matters, make adjustments and get back to focusing on getting ahead financially.
- Aquarius** Channel your energy into home improvements. Keeping the peace and making your daily routine run smoothly will also help you in the workplace. Physical fitness is encouraged.
- Pisces** Don't fall into a trap that someone sets using emotional tactics. Read between the lines and justify your actions by the facts you discover, not by assumptions someone else wants you to believe. EUGENIA LAST

TOMORROW'S PHOTO:



LIFESTYLE

Under the full moon, join the Secret Society of the Sisterhood for a powerful ritual: sharing stories.



EVA KIS
eva.kis@metro.us

Being part of a coven has been every teenage girl's dream since *The Craft*, and you're in luck — the Secret Society of the Sisterhood is looking for new members.

Dressed in red velvet robes and performing their rituals by candlelight under the full moon, the "witches" invite you to their next gathering at Green-Wood Cemetery on May 29.

However, there will be no potions brewed or sacrifices made — the evening simply begins

Find the power within yourself



The Secret Society of the Sisterhood communes not with the forces of nature, but each other. HEIDI HARTWIG

with a shared oath, "I am here tonight to pledge my support to my fellow sisters." Then the real magic begins: transmuting pain into power by telling stories.

"This show is a direct result of turning something tragic into something artistic and socially relevant," says Trish Nelson,

who founded the Sisterhood in Los Angeles this past January and is bringing it to New York for its first gathering. "From humorous to heart-felt, the evening truly becomes a celebration of life experience and the female voice."

Described as "gleefully theatrical" in the LA

Times, the Sisterhood is the product of the theatrical heart beating inside Nelson, who produces tours and shows for the likes of *Broad City*, Amy Schumer and others.

But the Secret Society of the Sisterhood is personal — Nelson's first career was in the restaurant business, and last year she

was among the women who came forward to the New York Times about sexual harassment at Ken Freidman's Spotted Pig.

"I wanted to provide a space where women could come together without fear to share their stories," she says. "As I've discovered from breaking my own silence, it's an incredibly freeing and healing action to speak your personal truth."

The evening's theme is "So... THAT Happened!" all about "life shift" stories — those moments when nothing is the same again, whether it involves great triumph or deep embarrassment. Speaking in the city's oldest graveyard will be "The Sisterhood of the Traveling Pants" star Amber Tamblyn, writer and activist Lorri Davis, "50 Central" comedian Ayanna Dookie, Cake Literary co-founder Dhonielle Clayton, plus music by Kaki King.

Whatever emotions come up, the evening ends with a dance party

to the tunes of DJ Tikka Masala. "It does feel like somewhat of a baptism," she says, "as we gather together to bask in the light of the full moon."

The event nods to the past with all the stories lived and secrets untold by the residents of Green-Wood, as well as the future by donating its proceeds to Girls Write Now, a mentorship organization for disadvantaged high schoolers across the five boroughs.

Just as witchcraft was never about actual magic, Nelson's coven is about finding power in our shared humanity: "I hope that this show inspires conversations, and connection, and that people walk away with the understanding that we truly are walking through this life together."

The Secret Society of the Sisterhood meets May 29 at Green-Wood Cemetery, 500 25th St., Brooklyn. Doors open at 7 p.m.; tickets are \$30 at the door; theSSshow.com

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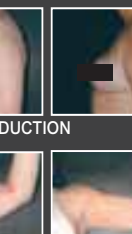
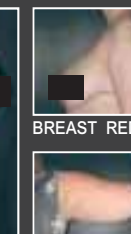
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The love story between Heather Lind (Desdemona) and Chukwudi Iwuji (Othello) will be the focus of Shakespeare in the Park's "Othello." JOAN MARCUS

'Othello' in the open

Star Chukwudi Iwuji and Corey Stoll are veterans of Shakespeare, the Public Theater and Central Park's summer series Shakespeare in the Park. But both men are new to their roles in "Othello," directed by Ruben Santiago-Hudson for this summer's production at Central Park's Delacorte Theater — Iwuji as the Moorish Venetian gen-

eral Othello; Stoll as his duplicitous ensign, Iago. Though "Othello" is many things to many people, Santiago-Hudson's 2018 production anchors the classic tragedy in the love story between Othello and Desdemona, Othello's wife, according to Iwuji. Of course, it isn't meant to be, as Iago's plotting leads Othello to — spoil-

er alert! — kill her in the end.

"I actually strangled my wife today, so that's a bit weird," Iwuji said of his rehearsal with Heather Lind (Desdemona) on the day he spoke to Metro. "We came up with a really cool way of killing Desdemona. So yeah, we're having a great time."

Iwuji is a British Ni-

gerian actor who grew up in Nigeria, Ethiopia, Kenya, Switzerland, France and the United Kingdom, so he's always been an outsider. It may seem that this upbringing, paired with his early professional work at Britain's Royal Shakespeare Company and National Theatre, would groom him to play Shakespeare's most famous

outsider. In fact, he hadn't really thought about it until Anthony Hopkins put the bug in his ear on the set of Richard Eyre's 2018 "King Lear" for BBC Two. "But I'm so grateful it's here, because it is a deeply extraordinary play and an extraordinary character."

For Stoll, who played Brutus in last season's



KARL SAINT LUCY
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controversial “Julius Caesar” production, the challenge lies in crafting his version of Iago, who pretends to be Othello’s friend before betraying him.

“You could spend a lifetime reading these plays and you’ll find new layers and new echoes and contradictions and references,” he says.

“First, there’s a process of trying to discover everything that’s in the text, and then you really need to edit. It’s an embarrassment of riches when it comes to roles like these. It’s a different Iago for every actor who plays him.”

Iwuji agrees the bulk of his work lies in interpreting what’s on the page.

“Shakespeare was the world’s greatest director, not just a writer. He directs his actors with his language, and that’s



something people have to trust — it’s in the language.

My homework is getting the lines down big time, sounding, speaking them out, seeing how they affect me, because a lot of the effect isn’t

just cerebral, it’s not just meaning. It’s literally the sound of the word. What does that do to your body?”

“Othello” is particularly suited to Shakespeare in the Park’s venue, the Delacorte Theater in Central Park. Iago is an unreliable narrator who tells lies in his asides, turning the

audience into collaborators. “Anybody opening up their mind to you, in a sort of an open and vulnerable way, makes you complicit in what they’re doing, even if what they’re doing is reprehensible,” says Stoll.

“Regardless of how much you would despise Iago if he were a real per-

son, you’re forced to be on his team, just by dint of knowing what the plot is. And so does he.”

On playing outdoors in the park, Iwuji says, “Ultimately, theater is communion. And usually, you have the communion between you and the audience. But in a space like [the Delacorte], there’s you, the audience

and there’s friggin’ nature, and you can’t beat that. So it’s magical.”

“Othello” runs at the Delacorte Theater in Central Park from May 29-June 24, with official opening night on Monday, June 18. Admission is free; see our guide on how to get tickets to Shakespeare in the Park productions at metro.us.



The Delacorte Theater in Central Park, home of the Public Theater’s free Shakespeare in the Park productions. TAMMY SHELL

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Season 5 of 'Arrested Development' will be tough to watch

The Bluths are back, but blemished by off-screen drama.



ANDREW HUSBAND
letters@metro.us

From a poor season four to sexual-harassment accusations against Jeffrey Tambor, "Arrested Development" is plagued with problems ahead of its season-five premiere.

Despite having only four completed seasons to its name, the sitcom is about to turn 15 years old. The show has left a massive impact on pop culture, whether through online memes or the infamous "I blue myself" Tobias Fünke gag, and today the first half of its fifth season debuts on Netflix.

"It's great! I mean, who would have think



Season 5 of "Arrested Development" debuts on Netflix May 29.

it?" says David Cross. "When I was shooting that pilot, if you would have told me that 15 years later we would be revisiting this thing, or that there would be multiple tattoos of Tobias and products and

all kinds of stuff, I would have laughed. But it's a really fun character to do, it's great writing, it's an amazing cast I get to work with and it's a project I'll always be proud of."

Unfortunately, the

pride Cross and the other cast members feel has been tarnished since the fourth season premiered on Netflix in 2013. Creator Mitchell Hurwitz retooled the show's format to account for the time between seasons three

and four and the actors' schedules, but the result didn't sit well with critics and fans. When Hurwitz remixed it ahead of season five, audiences still weren't buying it, despite his and Ron Howard's best efforts.

Far more egregious are the sexual-harassment allegations against Tambor, who plays family patriarch George Bluth Sr., on the set of "Transparent." Despite having won Emmy and Golden Globe awards for the role of Maura Pfefferman, Tambor was ultimately fired from the show as a result of the allegations, and a subsequent internal investigation took place in February.

As the press tour for "Arrested Development" season five began earlier this month, the Hollywood Reporter published an exclusive interview with Tambor where he admitted he was "difficult" at times, like when he blew up at Jessica Walter during filming, but repeatedly denied the sexual-harassment allegations. The piece was immediately criti-

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The off-screen drama is no laughing matter.

cized for being too soft on the actor, as well as for the negative way he described his accusers.

If that weren't enough, when the allegations were brought up by reporters at the season five premiere in Los Angeles in mid-May, most of the cast expressed their support for Tambor.

Jason Bateman, who plays Tambor's son Michael Bluth, said he couldn't "wait to see him again" because the actor was always "incredible" when they worked together. Cross, meanwhile, was more explicit in his comments. "I don't

condone any actions. It doesn't necessarily mean I'm going to just stop being somebody's friend, you know? I support him as a human being, as a person."

All of this came to a head recently with an intense cast interview with The New York Times. Tambor was asked not only about the allegations against him, but the "difficult" episode between him and Walter. Bateman, Cross and Will Arnett came to Tambor's defense, and Walter tearfully declared she had "let go of being angry at him" since "he harassed me, but he did

apologize."

The male cast members were later criticized for seemingly gaslighting Walter and the only other woman in the room, Alia Shawkat, into thinking Tambor's behavior was unacceptable but typical, although Shawkat rebuffed them. "But that doesn't mean it's acceptable. And the point is that things are changing, and people need to respect each other differently." Most of the men apologized the next day.

Whether you find the show's recent history troubling or not, season five is now on Netflix.

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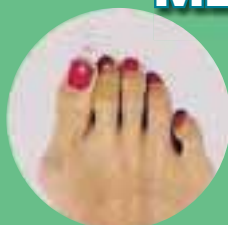


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You're limited to bor-

rowing the school's cost of attendance — that's tuition and fees, books and supplies, room and board, transportation, and personal expenses — minus any aid you receive.

Each college determines the cost of attendance, which covers expenses for one academic year and is adjusted yearly. Schools calculate numbers for on-campus, off-campus and commuter students, as well as for in-state and out-of-state tuition.

Both federal and private loans are disbursed directly to your school, which takes out tuition, fees and room and board if you live on

campus. Any remaining funds from the loan will be distributed to you, according to your school's policy. You may then return any funds you don't need or use the money for living expenses, transportation, and books and supplies.

The following examples are compiled from guidance set by the Federal Student Aid office and private student loan lenders.

What you can use student loans to pay for Tuition and fees; on-campus room and board; off-campus housing and utilities; transportation, including gas, tolls, buses and trains; books,

supplies and equipment related to your major; miscellaneous personal supplies, including toiletries and medication; housing supplies, including linens, a microwave and dishes; groceries; care for dependents, as long as you let your school's financial aid office know this allowance should be factored into your aid package; fees for professional testing, licensing and certificates; study-abroad program costs.

What you shouldn't use your loans to pay for Entertainment, such as concert tickets and Netflix subscriptions; pricey electronics, such as an over-size TV or sound system;

travel, vacations or hotel stays; a new car, motorcycle or a bicycle; nightly takeout or delivery food; a down payment or repairs on a home or car; small-business expenses; other debt, such as personal loans, auto loans and credit cards; anyone else's education costs.

What happens if you use loan money for nonessentials

Generally, no one is tracking how you spend your loan money. But, you could face consequences if your lender finds out you misused funds. Depending on your lender's policy, your current loan and any future loan options

may be terminated, and you could immediately owe the full balance of what you already used. The bigger deterrent to wasting borrowed money is that you have to pay it back — with interest.

Consider alternatives to pay for living expenses

You can borrow to pay for living expenses, but that doesn't mean you always should. You may be better off getting a part-time job while in school, tapping your savings or building up some cash by working during school breaks. This way you can pay for living expenses upfront without taking on more debt. **ANNA HELHOSKI**

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4 alternatives to traditional college

Community college, an apprenticeship, trade school or an online program may be a better fit for some students.



NerdWallet is a personal finance website.

College has become the default next step for high school graduates, whether or not they have a career in mind. But with rising tuition costs, ballooning student debt and plenty of good jobs that don't require a bachelor's degree, it's worth exploring all your options before enrolling in classes or designing your dorm

room.

Here are four other ways to get a higher education that may cost less than a state university or liberal arts college.

1 Community college

Also known as: junior or two-year college; typical length: one or two years; credentials: associate degree or certificate.

Community colleges are local, typically public schools with two main paths for students: transfer preparation and career training. The transfer route is for students who eventually want to earn a bachelor's degree or higher at another college or university; classes in this track are academic in nature. The career-training route is for students who want to enter the workforce immediately after graduation; these classes typically teach specific skills that you can



A four year college is not the only path to success. ALL PHOTOS ISTOCK

apply on the job.

Whichever route you choose, have a goal and plan in mind. If you're planning to transfer, communicate with your adviser regularly to ensure

that the credits you're earning will transfer correctly. If you're preparing for a specific career, make sure you can earn the credential needed for that field.

2 Apprenticeship

Also known as: job-based learning; typical length: one to six years; credentials: nationally recognized industry certification.

Apprenticeships are paid career-training programs in which students learn on the job in addition to some classroom instruction. Apprentices work full-time jobs with

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wages starting around \$15 an hour and increasing as their skills grow. Fields offering apprenticeships include construction trades, manufacturing, health care, finance, telecommunications and transportation.

There are about 500,000 apprentices in the U.S., according to the Labor Department — a small number compared with the more than 20 million students enrolled in U.S. colleges and universities in fall 2017, according to the National Center for Education Statistics. There's bipartisan and private-sector support for expanding apprenticeships but since the number of apprenticeships is limited, they can be competitive to get and there may be a waitlist.

3. Trade school

Also known as: technical, career or vocational school; typical length: one to two years, or less; credentials: certificate.

Trade schools are typically private schools — many are for-profit — that prepare students to enter a particular career



directly after completing training. Many community colleges have similar, and likely more affordable, programs. Trade schools are available in fields including welding, auto mechanics, and heating, ventilation and air conditioning (HVAC).

Take extra care to research trade schools before enrolling. For-profit schools tend to be more expensive, requiring students to take on more

debt, and lead to poorer outcomes compared with public or not-for-profit schools. Look for a school that's accredited for federal financial aid programs, and use the Department of Education's College Scorecard to compare schools' typical costs, graduation rates and median salary of former students.

4. Online college

Also known as: distance

learning, massive open online courses (moocs); typical length: varies by the credential you're pursuing; credentials: certificate, or associate, bachelor's or master's degree.

Doing college online can give you the flexibility to learn on your own schedule and pace, as long as you're self-motivated enough to keep up with the work. It can be a good option for parents,

full-time workers and students with disabilities.

Some schools offer only online classes, while many brick-and-mortar colleges host online courses in addition to in-person ones. Depending on your school's offerings, and your location and preference, you can take all your classes online, or take some online and some in-person. Either way, research the school carefully before

enrolling to make sure it's affordable, properly accredited and has a track record of preparing students for success after graduation.

Other alternatives

These are by no means the only college alternatives. You can also enlist in the military, start a business or, to gain experience and earn money while learning what you enjoy and are good at, get an entry-level job.

How to pay for it

If you decide to pursue higher education — whether at a four-year college or university, community college or trade school — be smart about paying for it. The first step is submitting the Free Application for Federal Student Aid, known as the FAFSA, to see what federal grants, work-study and student loans you qualify for.

If you have to take out student loans, exhaust your federal options before borrowing private student loans, because federal loans have more borrower protections.

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SPORTS

Matz showing signs of life

The Mets southpaw has been turning things around this month.



JOE PANTORNO
joseph.pantorno@metro.us

In no way is New York Mets pitcher Steven Matz meeting the potential he once showed during his rookie season in 2015. Injuries and inconsistencies have played a fair share in stymying his development at the major-league level.

But the 26-year-old southpaw has been solid during the month of May, something manager Mickey Callaway and the Mets desperately need toward the bottom of the rotation.

Behind Jacob deGrom and Noah Syndergaard, New York's rotation has been nothing short of dreadful for most of the 2018 season.

Matt Harvey was moved to the bullpen and later shipped to Cincinnati, Jason Vargas has struggled to get his ERA under double digits while Zack Wheeler can only put up productive starts against lowly clubs like the Reds and Miami Marlins.

Matz very much fit the bill of struggling depth starter to start the season as he struggled through a difficult April, posting a 4.98 ERA in five starts while failing to go more than 5.1 innings in any of them.

May has been a different story, for the most part, save a rough outing on May 19 against the Arizona Diamondbacks in which he allowed four runs on six hits, including two home runs, in four innings of work.

Matz has allowed one run or fewer in his three other starts this month, which makes for a 2.97 ERA while going six innings in two of them.

He picked up the Mets' only win of their series against the Milwaukee Brewers in the



New York Mets lefty Steven Matz takes the mound on Tuesday night against the Braves in an attempt to close out a strong month of May in style. GETTY IMAGES

opener, not giving up a run in six innings and allowing just four hits in the process.

"I'm feeling more comfortable out there and attacking the zone more and pitching to contact," Matz said (h/t Matt Ehalt, NorthJersey.com).

"I'm definitely feeling more confident out there on the mound."

May has always been a good time for Matz, though. In nine career starts, he's 5-1 with a 1.79 ERA, by far his best numbers of any calendar

month.

His last outing before the calendar flips to June will be a tough one as he'll meet the upstart Atlanta Braves tonight.

Right in the thick of contention in the National League East, the Braves have the second-

best offense in the NL as they average over five runs per game.

While he hasn't faced them this year, Matz has had plenty of success against Atlanta throughout his career. In six starts he's 4-0 with a 2.97 ERA.

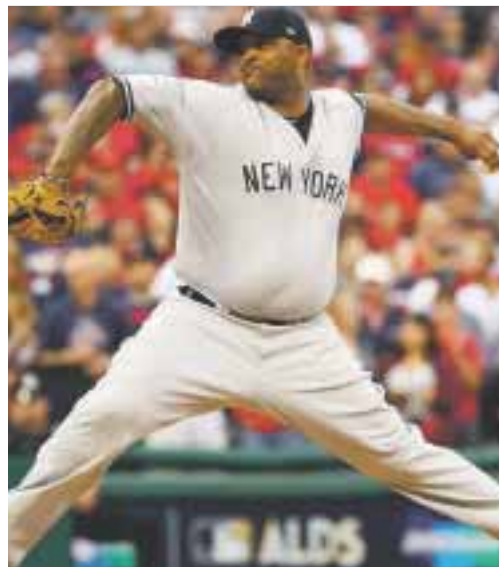
CC plummeting back down to Earth

While one New York pitcher trending in the right direction will be on the hill tonight, another one trending the opposite way will be going in the Big Apple.

New York Yankees lefty CC Sabathia's start to the 2018 season almost seemed too good to be true. Granted, almost everything has gone right for the Yankees after a sluggish 18-game start. So the 37-year-old's first six outings were really just par for the course.

Even though it's become obvious that the Yankees need to go out and make a move for a starting pitcher to keep up with the likes of the Houston Astros in the American League, Sabathia went from expected lower-end starter to second-best arm behind Luis Severino to start the season.

Through May 4, Sabathia was 4-2 with a sterling 1.39 ERA.



Control problems have been plaguing C.C. Sabathia, as he's given up seven walks in his last 13 innings. GETTY IMAGES

Opponents were batting .190 against him while posting a dreary .234 on-base percentage. He walked just five batters during that six-start

span and was allowing an average of just under four hits per outing.

The wheels have fallen off since then. Sabathia's control

has been suspect over his past three starts, walking seven batters in 13.1 innings of work. It's a big reason why he's been tagged for an 8.78 ERA as opponents have a .388 on-base percentage during that stretch.

Normally this would be proper foreshadowing for disaster considering his start tonight comes against the defending world-champion Houston Astros.

Yet Sabathia has been solid against Houston's potent lineup as current Astros are batting a combined .186 against the southpaw. Reigning AL MVP Jose Altuve is batting just .222 against Sabathia while Carlos Correa is 1-for-7 in his career opposite the veteran.

Tuesday night could very well be a pitcher's duel considering the Astros will be rolling out Charlie Morton, who is 7-0 with a 2.04 ERA this year. JOE PANTORNO

Prepare for an arms race



It's becoming abundantly clear that the New York Yankees are going to need an upgrade in the starting rotation in order to seriously contend for the pennant. Who could they go after? Find out more at metro.us/new-york/sports. GETTY IMAGES

Bridgewater trade buzz growing

One of New York's new quarterbacks is seeing a rise in his trade stock after a solid showing at OTAs.



JOE PANTORNO
joseph.pantorno@metro.us

All of a sudden the New York Jets look as though they have a good kind of problem at the quarterback position, which is quite a dramatic turnaround considering last season they were hoping for either Bryce Petty or Christian Hackenberg to emerge as a potential starter under center.

Teddy Bridgewater, formerly of the Minnesota Vikings and brought in via free agency, has been putting on a show at organized team activities (OTAs) last week.

According to ESPN,

com's Rich Cimini, the Jets "couldn't be happier" with one of their new quarterbacks.

"Not only did he perform well in the first practice ... he maintained it throughout the week," Cimini noted.

Entering OTAs Bridgewater was widely considered the third option in the Jets quarterback situation. Veteran Josh McCown, who was brought back on a one-year deal after a surprising career year at age 38, has been slated to be the team's starter in 2018 in front of Sam Darnold, the promising USC prospect selected No. 2 overall in this year's draft last month.

Signed on a one-year deal as well, Bridgewater still has plenty to prove before it is deemed that he is ready to be a starting quarterback in the NFL again. Once a promising young player performing at a Pro Bowl level in Minnesota, his career was de-



A strong showing at organized team activities (OTAs) has the league wondering just how good Teddy Bridgewater can be. GETTY IMAGES

railed by a horrific knee injury that forced him to miss the entire 2016 season.

He attempted just two passes last year as Case Keenum ran away with the starting job after Sam Bradford went down with injury issues as well.

Bridgewater's surgically-repaired knee still hasn't been deemed fully healthy and won't be until he sees real game action, which initially put him behind the eight ball when it came to the starting job. But this week of OTAs has only helped his

stock.

Cimini noted that his trade value is "trending upward," which could allow the Jets to acquire some more assets for a rebuild that has gone promisingly well so far this offseason.

However, if the Jets

don't believe Darnold is ready to take snaps in the regular season just yet after this summer, Bridgewater will likely be held on to as a direct backup for McCown and the Jets would roll with three quarterbacks for the time being.



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Assessing LeBron's playoff success

The King continues to prove why he is one of the best ever.



JOE PANTORNO
joseph.pantorno@metro.us

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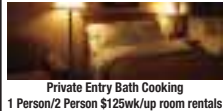
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GAMES

metro.us/crossword

ACROSS

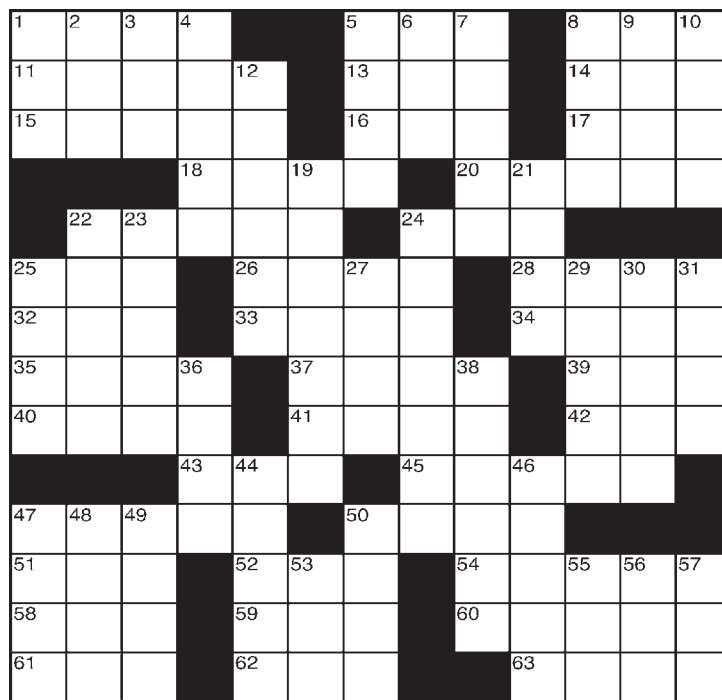
1 Boo and hiss
5 San Francisco Hill
8 Building site
11 — ski wear
13 "Wheel" buy (2 wds.)
14 Unfold, in poetry
15 Squander
16 Liq. measures
17 Fasten temporarily
18 "Catch-22" actor
20 Suit material
22 Throng
24 Susan of "L.A. Law"
25 Fasten down a tent
26 Finished
28 Rambler maker
32 Bottle cap
33 Kind of van
34 Microwave, slangily
35 Ben Jonson works
37 Give the eye

39 Narrow inlet
40 Delicate hue
41 WWW addresses
42 Bratty kid
43 Pacino and Unser
45 Sagas
47 Meter reading
50 Small band
51 Pisces mo.
52 Chimpanzee
54 Frome or Hawke
58 Moon or planet
59 Warmed the bench
60 Pricey fur
61 Remark
62 Pasture grazer
63 Cushiony

DOWN

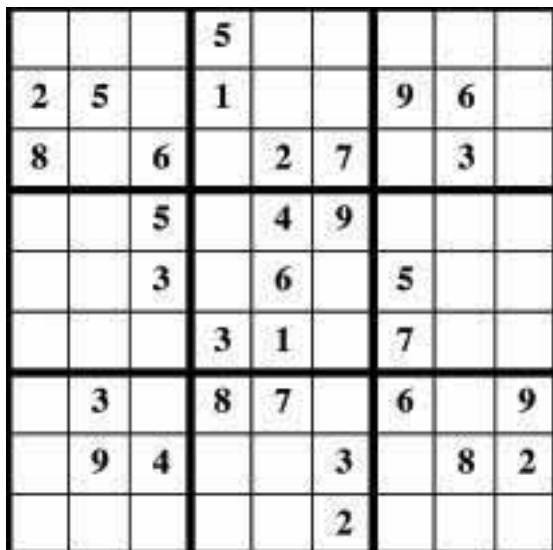
1 Chat
2 Earth-conscious org.
3 Pause fillers
4 Pave over
5 Valley of grapes
6 Thunder Bay prov.
7 Stitch loosely

8 Unhurried gait
9 Mayberry moppet
10 Look after
12 Hardly ever
19 Sneaky
21 Keenan or Ed
22 Kid's classic
23 City near Salt Lake
24 Wildcatter
25 Storyline
27 RR employee
29 Mr. Goldfinger
30 Thumbs through
31 Jalopy
36 Just for guys
38 Glimpses
44 Rental contract
46 Wee bits
47 Alien sightings
48 Antitoxins
49 Noted advice giver
50 Yves' head
53 Rabbit's foot
55 Cable network
56 Sitcom ET
57 Hockey goal

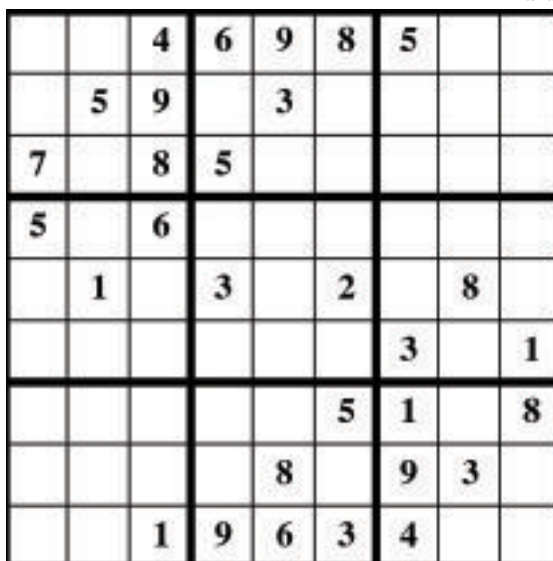


metro.us/sudoku

easy

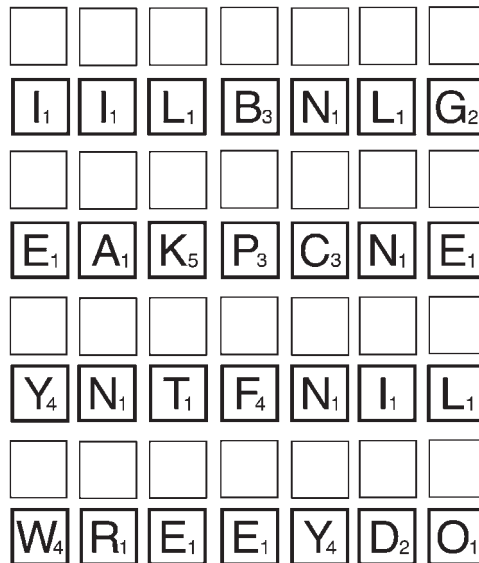


hard



metro.us/games

PAR SCORE 145-155



RACK 1



RACK 2



RACK 3



RACK 4



RACK 5

NEW
TURN BACK TO
PAGE 22 FOR
HOROSCOPES

Yesterday's Scrabble answers.

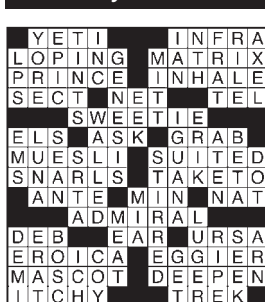
C ₃	L ₁	I ₁	Q ₀	U ₁	E ₁		RACK 1 =	<u>37</u>
B ₃	U ₁	R ₁	B ₃	L ₁	E ₁		RACK 2 =	<u>10</u>
L ₁	I ₁	T ₁	U ₁	R ₁	G ₂	Y ₄	RACK 3 =	<u>61</u>
P ₃	A ₁	L ₁	A ₁	V ₄	E ₁	R ₁	RACK 4 =	<u>74</u>

PAR SCORE 120-130

JUDD'S TOTAL

182

Yesterday's Crosswords



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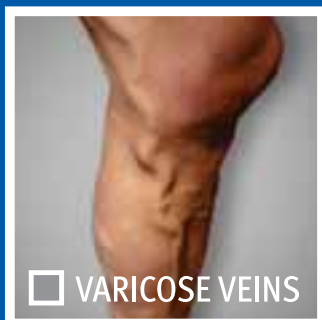


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